

May-June 2003
Volume 9

THE BUGLE BOY



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www.southcom.mil/usag-miami/index.htm

INSIDE...

What's Up in USSOUTHCOM 2

Youth Career & Job Search Workshop
School to Work Transition 3

What's Up in South Florida 3

Systematic Training for
Effective Parenting 3

Kid's Corner 3

Spouse's Corner 4

"SSI Qualifications for Military Families are Changing"

Last week Congress passed new legislation to address the military's plight to gain SSI benefits for their children. Starting April 1, 2003, the military Basic Allowance for Housing (BAH) will be exempt from SSI calculations to qualify a special needs child for SSI benefits.

The commissioner of SSI also waived the extra pay the military personnel receive as a result of a deployment to or while serving in a combat zone. This additional pay was received for months after September 2002. This pay includes but is not limited to: hostile fire pay; imminent danger pay; hazardous duty pay and separation pay.

For additional information, contact the SSI office @1-800-772-1213.

JOIN US ON OUR NEXT FAMILY FUN TRIP TO WET 'N' WILD



MARIA ROSADO-TRENCH CAPTURES
USSOUTHCOM FAMILY MEMBERS
ENJOYING THE MARCH 15 TRIP TO
ANIMAL KINGDOM.

How Should I Help Myself and My Family? DEPLOYMENT AND STRESS

There are a number of steps you can take to help restore emotional well-being and a sense of control following a terrorist act, disaster or other traumatic experience, including the following:

- * Give yourself time to heal. Anticipate that this will be a difficult time in your life.
- * Ask for support from people who care about you and who will listen and empathize with your situation.
- * Communicate your experience in whatever ways feel comfortable to you, such as talking with family or close friends or keeping a diary.
- * Find out about local support groups in your area.
- * Try to find groups led by appropriately trained and experienced professionals.
- * Engage in health behaviors to enhance your ability to cope with excessive stress.
- * Establish or reestablish routines such as eating meals at regular times and following an exercise program.
- * Avoid major life decisions, such as switching careers or jobs if possible, because these activities tend to be highly stressful.

For additional resources on stress management related to Operation Enduring Freedom review the following websites: www.cyfernet.org, www.redcross.org or www.military.com.

WHAT'S UP at USSOUTHCOM

MWR Events and Trips:

MAY:

Newcomer's Briefing

Friday, 2 May, 8am-12:15pm

USAG-Miami

Smooth Move PCS Briefing

Friday, 2 May, 1-3pm

USAG-Miami Ed Center

X'd: Confessions of a Mormon Boy

Saturday, 3 May, 2:15pm

Coconut Grove Playhouse, Encore Room

*Great Opera Arias and Duos - Florida Philharmonic**

Sunday, 4 May, 5 pm

Lincoln Theatre, Miami Beach

Various Prices

Stress Relaxation for Busy Women

Tuesday, 6, 13, 20, 27 May, 9:30-11:30am

USAG-Miami, Suite 110, Rm. 15

Pre-Separation Briefing

Wednesday, 7 May, 2:30-4pm

(Required prior to TAP)

USAG-Miami

Miami Tour

Friday, 9 May, 9am - 3:45pm

Meet at USAG-Miami

The Diary of Anne Frank

Sunday, 11 May, 2pm/7 pm

GableStage at the Biltmore

\$11 (FMV = \$35)

Resume Writing/Interviewing Skills Workshop

Wednesday, 14 May, 2:30-4pm

USAG-Miami

First Termers' Finance

Thursday, 15 May, 2:30-4pm

USAG-Miami

Trip to Wet 'n' Wild

Saturday, 17 May

Info TBA

TAP Workshop

Monday, 19 May - Weds, 21 May,

8am-4pm

La Quinta Hotel

8730 NW 27th St.

COS Golf Invitational Golf

Tournament/Training Holiday

Friday, 23 May

Miami Shores

Country Club

Waiting Families Support Group

Wednesday, 28 May, 12:30/6:30pm

USAG-Miami Conf Rm

Foreign Born Spouse Potluck

Friday, 30 May, 6pm

USAG-Miami Ed Ctr

Kayaking Trip

Saturday, 31 May

Info TBA

JUNE:

Stress Relaxation for Busy Women

Tuesday, 3, 24 June, 9:30-11:30am

USAG-Miami, Suite 110, Rm 15

Newcomer's Briefing

Friday, 6 June, 8am-12:15pm

USAG-Miami

Smooth Move

Friday, 6 June, 1-3pm

USAG-M Ed Center

Pre-Separation Briefing

Wednesday, 18 June, 2:30-4pm

(Required prior to TAP)

USAG-Miami

Healthy Credit - Dos and Don'ts of Credit Use

Thursday, 19 June, 2:30-4pm

USAG-Miami Ed Ctr

Waiting Families Support Group

Wednesday, 25 June 12:30/6:30pm

USAG-Miami Conf Rm

Ticket to Ride - All About Car Buying & Leasing

Thursday, 26 June, 2:30-4pm

USAG-Miami Ed Ctr

Foreign Born Spouse Potluck

Friday, 27 June, 6pm

USAG-Miami Ed Ctr

* All Florida Philharmonic performances are 50% off regular ticket prices
FMV = Fair Market Value

All tickets are non-refundable. Do your research before purchasing tickets at the ITR. We do our best to offer the lowest prices possible. Our tickets are purchased at the regular group rate or below, but some venues have seasonal sales with lower prices. When you purchase tickets from the ITR you are not paying tax which you might pay on-line. Tickets may or may not reflect a handling fee, which the ITR sometimes pays. Occasionally, free tickets may become available to an event for which we have already purchased and sold tickets. We cannot foresee these donations. Thank you for your understanding.

U.S. Army Garrison-Miami DCA Partners With Boys and Girls Club of America

The Family Support Center is pleased to announce Operation Proud Partners! The Boys and Girls Club of Miami is offering after-school activities for the incredibly low price of \$10 per week for the first 100 military children to register!

This partnership between selected local Boys and Girls Clubs (B&GCA) and Army Child and Youth Services (CYS) Programs offers out-of-school programs and youth development opportunities for military-connected youth (active-duty, reserve, guard, DoD civilians and contractors on a space-available basis). Summer camp will be available at a nominal fee.

The after-school program is a comprehensive educational program that includes homework assistance, computer education, arts & crafts, outdoor activities, movies and games. There are organized recreational activities on a daily basis from 2:00pm to 7:00pm and 8:00am to 6:00pm on teacher workdays.

Nine year old Nicole Daniels, who participated in the Spring Break program, "loved it, especially the games and field trips," and highly recommends it to other USSOUTHCOM kids. Approximately 15 USSOUTHCOM youth participated in the Spring Break program. Programs will be offered at six different locations in Miami-Dade, including Hank Kline Club, Coconut Grove, Kendall Club, Northwest Club, South Beach and Gwen Cherry. Additional information can be found at www.bgcma.org.

Register early - space is limited! Please call the FSC staff at 305 437-2644 or Alex Rodriguez-Roig, Assistant Executive Director, Boys & Girls Clubs of Miami, 305 466-9910.

Health & Fitness Classes

MWR offers free Health and Fitness Classes on a monthly basis. Stay in shape - register at the Fitness Center.

Women at Risk - This seminar targets heart problems and women

Thursday, 29 May 12-1pm
Conference Room 1401 / BYO Lunch

Bf-Bp Program - will educate you on lowering body fat and blood pressure

Thursday, 26 June 12-1pm
Conf Room 2412 / BYO Lunch

Stress Relaxation for Busy Women

Overcome the need to be a "Superwoman!" Make time for yourself without feeling guilty. Learn relaxation techniques at the STRESS RELAXATION FOR BUSY WOMEN class now being offered Tuesday mornings 0930-1130 at the Codina Building. Contact the Family Support Center FAPM Dana Cekauskas at 305-437-2734 for more information or to sign up.

Systematic Training for Effective Parenting

Parents, create more satisfying productive relationships with your children through STEP (Systematic Training for Effective Parenting) classes taught at the Family Support Center. Attend a STEP Parenting workshop and learn how to understand your child's behavior, how to listen and talk to your child and about discipline that makes sense. For more information, contact your FAPM at the Family Support Center at 305-437-2734.

Join us in WELCOMING Our new employees

Eric E. Ruiz, Tickets & Tours Manager. Eric has 13 years of experience in the Travel Industry and holds a BA in Business Administration from The University of Panama, and an Associate Degree in Computers from Keiser College in Davie Florida. Eric is located in the Information, Tickets and Registration (ITR) office, located in #1303A of the Headquarters building.

WHAT'S UP IN SOUTH FLORIDA

HURRICANE SEASON BEGINS JUNE 1 - BE PREPARED!

Extensive information on hurricane preparedness is available at www.southcom.mil. Just click on the "Hurricane" link.

The Family Support Center at the Command is your point of contact for hurricane information and referrals. Call the FSC toll-free at (888) 547-4025.

As tropical storms or hurricanes approach, Miami-Dade and Broward activate their emergency call centers. These are the primary hotlines for the latest storm advisories, evacuations, and other public information. In Miami-Dade and the Keys, call (305) 468-5900. In Broward, call (954) 831-4000.

The American Red Cross www.miamiredcross.org is always a valuable point of contact for natural disasters. In Miami-Dade and Monroe Counties, call 305 644-1200. In Broward, call (954) 763-9900.

KID'S CORNER

SUMMER SENSATIONS

Kids, get ready! Summer is almost here and we will have another fantastic camp program for USSOUTHCOM youth. We will offer an exciting camp program at the Miami Seaquarium, Museum of Science, Boys and Girls Club and sports camps. SUMMER SENSATIONS will be available 16 June - 15 August. Watch for the SUMMER SENSATIONS brochure in mid-May.

The Military Child Education Coalition has valuable information on-line about schools, transitioning, parenting and more at www.militarychild.org.

YOUTH SPONSORSHIP VOLUNTEERS NEEDED

Many children/teenagers would benefit from having a child their age to email and ask questions to prior to arriving at their new location. If your child would like to volunteer, please email Jennifer Harms at harmsj@hq.southcom.mil with his/her name, age, grade in school, and email address. (Community service hours will be awarded to volunteers).

TEENS - NEED VOLUNTEER HOURS?

Any teens interested in volunteering at the Family Support Center during school breaks and on teacher work days to assist with administrative duties, please email Jennifer Harms at harmsj@hq.southcom.mil.

YOUTH CAREER & JOB SEARCH WORKSHOP SCHOOL TO WORK TRANSITION WORKSHOP-17 & 18 JUNE 2003

Do you have a young adult family member who wants to be successful in today's competitive workforce? The U.S. Army Garrison-Miami will hold a two-day seminar for teenage and young adult dependents (ages 15-19), of active duty military and civilians assigned and/or attached to the U.S. Southern Command. The workshop will be held June 17 & 18, 2003, 8 a.m. - 4:00 p.m. at Dave & Buster's - Dolphin Mall, 1481 NW 12 Street, Miami.

The schedule includes: Goals and Objectives; Resume Writing & Interviewing Skills; The Benefits of Volunteer Services; Dress for Success with Vendor Consultants; How the Labor Laws Apply to Teens; Practice Interviews; Lunch Break with Dave & Buster's Games; Teens and Team Building; Presentation of Awards and Certificate of Completion.

For additional information, contact the USAG-M Family Support Center at (305) 437-2665/2671 or e-mail: corpmanp@hq.southcom.mil or crearym@hq.southcom.mil. Please provide name, age, and gender of your youth family member.

Spouses Corner

USSOUTHCOM Community Information Meeting (SCCIM)

SCCIM is held the first week of each month. This will enable the Zip Code Coffee Group Coordinators to disseminate the information from the SCCIM to the zip code coffee groups. As a reminder, all spouses are encouraged to submit concerns/issues to your area zip code coordinator. Our purpose is to share ideas and make living in South Florida an enriching experience. Upcoming meetings: at 1000 hrs. Codina Building, Main Conference Room.

Zip Code Coffee Groups POC

Kendall, Hammocks, etc.

- Laura Gill etc.
- Debbie Karl (305) 233-1767

Weston, Davie, Plantation, Fort Lauderdale,

Coral Springs and North:

- Stephanie Crabb (954) 384-8094

Pembroke Pines, Cooper City, Hollywood, and Miramar:

- Deborah Kellner (954) 436-0563
- Kathy Whitehead (954) 438-8254

Doral, North Dade:

- Heather Tuttle (305) 597-0517
- Patsy Barrier (786) 845-3073

Need To Know Numbers

Directorate of Community Activities (DCA)

Director, Sheryl Byrd (305) 437-2720
Administration, Vilma Lesesne (305) 437-2715
Website: <http://www.southcom.mil/usag-miami/index.htm>
E-mail: dcacustomerservice@hq.southcom.mil
Toll Free Hot Line: 1-888-547-4025

Substance Abuse Program (SAP)/Employee Assistance, SAP

Officer, Guy Drab (305) 437-3078

Recreation Division

Fitness Center (305) 437-1152
Better Opportunity for Single Service Members (BOSS),
President SPC Richard Garcia (305) 437-3509
Recreation Assistant,
Jill Hauser (305) 437-1595
Recreation Assistant,
Maria Rosado Trenche (305) 437-1595
Marketing and Sponsorship,
Helen Colby (305) 437-2639
Tickets and Tours, Eric Ruiz (305) 437-1595

Family Support Division (FSD)

FSD Officer, Victoria DuBois (305) 437-2644
Secretary, Peggy Corpman (305) 437-2665
Consumer Affairs/Emergency Financial
Assistance, Richard Zimmelman (305) 437-2645
Employment Readiness/
Transition Assistance Program/
Notary Public, Marva Creary (305) 437-2671
Exceptional Family Member /Family
Advocacy Program Manager,
Dana Cekauskas, LCSW (305) 437-2734
Child Care
Subsidy, Victoria DuBois (305) 437-2644
Relocation Readiness Program,
Jennifer Harms (305) 437-2723
Volunteer Coordinator, Mary Ortiz (305) 437-2667

USSOUTHCOM Clinic

Office hours: 0730-1630
For appointments call (305) 437-3559
Services TRICARE enrolled members.
TRICARE Service Center 8385 Pines Blvd.
Pembroke Pines, FL 33024 (954) 443-6793 or
1-800-700-8593

Family Counseling Center (305) 437-3086
Housing Referral (305) 437-2656
Education Services (305) 437-1141
Carlson Wagonlit (305) 437-1746
Veterinary Services (305) 437-1304
(POC - Ms. Estes)
Opa-Locka USCG Vet Svcs. (305) 953-2195
(POC - SK2 Young)

The Bugle Boy is a bi-monthly publication of the Directorate of Community Activities, U.S. Army Garrison and is published for members of the U.S. Southern Command. Contents of The Bugle Boy are not necessarily the official views of, or endorsed by the U.S. Government, the Department of Defense, or the U.S. Southern Command. The distribution, mention or use of any sponsor's products, services or funds by the U.S. Southern Command does not express or imply an endorsement of the sponsor. All submissions are subject to editing.

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